



Strength and Conditioning Internship Program

Program Overview

Internship opportunities are available through Athletic Performance Inc. for college students pursuing accreditation through the National Strength and Conditioning Association. Qualified candidates must have a Bachelor's Degree, or junior/senior standing in Exercise Science or related field, and have successfully completed the following prerequisites: *Human Anatomy and Physiology, Kinesiology, Exercise Physiology, Prevention and Care of Athletic Injuries, Evaluation and Measurement, Adult CPR and Human Nutrition.*

Under the supervision of experienced, educated and certified Strength and Conditioning Coaches, students will be directly involved with API's strength and conditioning program including evaluation, program design and instruction, as well as administrative duties.

During your internship, you will coach middle school, high school and collegiate athletes in the following areas of performance enhancement:

- Dynamic Warm-up and Flexibility Drills
- Muscular Imbalance and Range of Motion (ROM) evaluation
- Core Stabilization and Strength techniques
- Olympic Lifting
- Plyometric Training
- Anaerobic and Aerobic Conditioning
- Agility Training (multi-directional)
- Speed Development (linear and lateral)
- Strength Training

Part-time and full-time internship opportunities are available during the fall and winter/spring semesters and the summer. Student interns should be committed to the profession of strength and conditioning; and as such, be willing and eager to participate in all facets of program development. Internship positions may include stipend.

Deadlines for applications:

- Fall Semester: July 15th
- Winter/Spring Semester: November 15th
- Summer: April 15th

Applicants should send the completed [internship application](#) and resume to the address below.

Athletic Performance Inc.
1029 Benfield Blvd
Millersville, MD 21108

Phone: (410) 987-4728
E-mail: internships@athleticperformanceinc.com



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Student Application

Name		Date of Birth	
Home Address	City	State	Zip
School Address	City	State	Zip
Cell Phone	E-Mail Address		
Internship Applying For: <input type="checkbox"/> Fall <input type="checkbox"/> Winter/ Spring <input type="checkbox"/> Summer			
Are you currently enrolled in an undergraduate program? <input type="checkbox"/> Yes <input type="checkbox"/> No			
School	Major		
Current Level of Education <input type="checkbox"/> Senior <input type="checkbox"/> Junior <input type="checkbox"/> Other	Are you currently employed? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Current Employer	Phone Number		
Previous Employer	Phone Number		
Please list all applicable experience and any other sports-related experience (including sports you have played): 			
What do you hope to gain from your internship with Athletic Performance Inc.? 			

- **Please note: all interns must execute a non-compete agreement in order to be accepted.**

**Send application and resume to:
 Athletic Performance Inc. 1029 Benfield Blvd Millersville, MD 21108**



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Job Description

Title: Intern Strength and Conditioning Coach

Reports to: Director of Strength and Conditioning

Primary Functions: To provide assistance and support to the strength and conditioning coaching staff.

Qualifications:

- Currently pursuing Bachelor's degree in Exercise Science or related field
- Strong interpersonal skills.
- Exceedingly high motivation and energy level.
- Strong people skills, flexibility, and the ability to manage a multi-task environment.
- Strong organizational and time management skills.
- Strong focus on customer service.

Certification Requirements:

- Currently pursuing Certified Strength and Conditioning Specialist (CSCS) certification – The National Strength and Conditioning Association
- Current First Aid/CPR certifications

Duties & Responsibilities:

- Provides instruction to training groups according to API guidelines.
- Provides a safe training environment for all clients.
- Provides individual and small group training.
- Maintains control and discipline of training groups at all times.
- Completes each athlete's training program and accurately records daily results.
- Represents API in a professional manner.
- Assists in community outreach programs.

The job description has been fully explained to me and I have had the opportunity to ask questions if desired.

Name (Print)

Date

Signature